



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09031, Apricots, dehydrated (low-moisture), sulfured, stewed

Report Date: May 22, 2017 02:02 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 249g
Proximates					
Water	g	63.60	2	--	158.36
Energy	kcal	126	--	--	314
Energy	kJ	527	--	--	1312
Protein	g	1.93	--	--	4.81
Total lipid (fat)	g	0.24	--	--	0.60
Ash	g	1.61	--	--	4.01
Carbohydrate, by difference	g	32.62	--	--	81.22
Minerals					
Calcium, Ca	mg	24	--	--	60
Iron, Fe	mg	2.48	--	--	6.18
Magnesium, Mg	mg	25	--	--	62
Phosphorus, P	mg	62	--	--	154
Potassium, K	mg	728	--	--	1813
Sodium, Na	mg	5	--	--	12
Zinc, Zn	mg	0.39	--	--	0.97
Copper, Cu	mg	0.227	--	--	0.565
Manganese, Mn	mg	0.145	--	--	0.361
Vitamins					
Vitamin C, total ascorbic acid	mg	7.1	2	--	17.7
Thiamin	mg	0.013	2	--	0.032
Riboflavin	mg	0.067	2	--	0.167
Niacin	mg	1.630	2	--	4.059

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 249g
Pantothenic acid	mg	0.468	2	--	1.165
Vitamin B-6	mg	0.161	2	--	0.401
Folate, total	µg	2	2	--	5
Folic acid	µg	0	--	--	0
Folate, food	µg	2	2	--	5
Folate, DFE	µg	2	--	--	5
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	220	2	--	548
Retinol	µg	0	--	--	0
Vitamin A, IU	IU	4407	2	--	10973
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Lipids					
Fatty acids, total saturated	g	0.017	--	--	0.042
16:0	g	0.015	--	--	0.037
18:0	g	0.002	--	--	0.005
Fatty acids, total monounsaturated	g	0.105	--	--	0.261
18:1 undifferentiated	g	0.105	--	--	0.261
Fatty acids, total polyunsaturated	g	0.047	--	--	0.117
18:2 undifferentiated	g	0.047	--	--	0.117
Cholesterol	mg	0	--	--	0
Amino Acids					
Tryptophan	g	0.034	--	--	0.085
Threonine	g	0.070	--	--	0.174
Isoleucine	g	0.059	--	--	0.147
Leucine	g	0.113	--	--	0.281
Lysine	g	0.134	--	--	0.334
Methionine	g	0.010	--	--	0.025
Cystine	g	0.006	--	--	0.015
Phenylalanine	g	0.080	--	--	0.199
Tyrosine	g	0.045	--	--	0.112
Valine	g	0.070	--	--	0.174
Arginine	g	0.075	--	--	0.187

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 249g
Histidine	g	0.032	--	--	0.080
Alanine	g	0.095	--	--	0.237
Aspartic acid	g	0.442	--	--	1.101
Glutamic acid	g	0.195	--	--	0.486
Glycine	g	0.060	--	--	0.149
Proline	g	0.116	--	--	0.289
Serine	g	0.111	--	--	0.276
Other					